

# HOUSTON COUGAR SWIMMING & DIVING

## PROGRAM RECORDS

50 Free  
22.71...Ingrid Lawrence...3/17/78  
100 Free  
**49.80...Zarena Brown...2/18/17**  
200 Free  
1:45.79...Sasha Schwendenwein...2/27/09  
500 Free  
4:41.73...Sasha Schwendenwein...3/19/09  
1000 Free  
**9:57.44...Hannah Herbst...1/29/16**  
1650 Free  
**16:32.45...Hannah Herbst...2/20/16**  
100 Back  
**53.74...Eleanna Koutsouveli...2/17/17**  
200 Back  
**1:55.97...Eleanna Koutsouveli...2/18/17**  
100 Breast  
**1:00.56...Peyton Kondis...2/17/17**  
200 Breast  
**2:12.50...Victoria Roubique...2/18/17**

100 Fly  
54.11...Diane Johannigman...3/17/78  
200 Fly  
1:55.90...Sasha Schwendenwein...3/20/09  
200 IM  
**2:00.02...Laura Laderoute...2/16/17**  
400 IM  
4:16.24...Reka Kovacs...2/26/10  
200 FSR  
**1:31.61...Horner, Laderoute, Brown, Yuskova...2/16/17**  
400 FSR  
**3:20.71...Brown, Laderoute, Yuskova, Horner...2/18/17**  
800 FSR  
**7:13.35...Brown, Yuskova, Hamrick, Herbst...2/15/17**  
200 MR  
**1:39.17...Koutsouveli, Kondis, Laderoute, Horner...2/15/17**  
400 MR  
**3:38.35...Laderoute, Kondis, Rodriguez, Yuskova...2/17/17**



# HOUSTON COUGAR SWIMMING & DIVING

## Top-10 Program Times

### 50 Yard Freestyle

1	22.71	Ingrid Lawrence	3/17/1983
2	<b>22.93</b>	<b>Cait Horner</b>	<b>2/15/2017</b>
3	23.08	Maggie McCord	2/21/2013
4	23.08	Maija Airas	2/25/1988
5	23.33	Krystan Morrell	2/21/2013
6	23.35	Kim Eeson	11/17/2011
7	23.41	Nicola Fibbens	2/25/1985
8	23.45	Lindsay Schultz	2/20/2014
9	23.47	Moira Fraser	2/21/2014
10	23.54	Doroteja Bednjanec	2/19/2015

### 1000 Freestyle

1	<b>9:57.44</b>	<b>Hannah Herbst</b>	<b>1/29/2016</b>
2	9:59.42	Delia Weber	11/21/2015
3	9:59.73	Debbie Caldwell	1/14/1983
4	10:01.97	Heather Winn	2/22/2014
5	10:04.77	Lizzie Justice	2/22/2013
6	10:07.44	Andrea Pa'Imai	11/3/2006
7	<b>10:07.89</b>	<b>Conor Glenn</b>	<b>2/18/2017</b>
8	<b>10:08.54</b>	<b>Sydney Larson</b>	<b>11/20/2016</b>
9	<b>10:09.14</b>	<b>Zarena Brown</b>	<b>11/20/2016</b>
10	10:10.75	Diane Johannigman	1/23/1981

### 100 Freestyle

1	<b>49.80</b>	<b>Zarena Brown</b>	<b>2/16/17</b>
2	49.82	Ingrid Lawrence	3/19/1983
3	<b>49.93</b>	<b>Ksenia Yuskova</b>	<b>2/16/17</b>
4	50.47	Maggie McCord	11/17/2012
5	50.48	Krystan Morrell	2/23/2013
6	50.57	Nicola Fibbens	3/20/1986
7	50.6	Kim Eeson	2/15/2012
8	50.72	Maija Airas	2/27/1988
9	<b>50.73</b>	<b>Cait Horner</b>	<b>2/16/17</b>
10	50.79	Alexandra Heyns	2/17/1996

### 1,650 Freestyle

1	<b>16:32.45</b>	<b>Hannah Herbst</b>	<b>2/20/2016</b>
2	16:32.75	Delia Weber	11/21/2015
3	16:35.91	Heather Winn	2/23/2013
4	16:38.87	Andrea Pa'Imai	2/28/2009
5	<b>16:42.73</b>	<b>Zarena Brown</b>	<b>11/20/2016</b>
6	16:43.18	Kim Eeson	2/28/2009
7	16:46.05	Lizzie Justice	2/23/2013
8	<b>16:46.90</b>	<b>Sydney Larson</b>	<b>11/20/2016</b>
9	16:51.88	Cyndi McCullam	3/17/1978
10	<b>16:53.00</b>	<b>Conor Glenn</b>	<b>2/18/2017</b>

### 200 Freestyle

1	1:45.79	Sasha Schwendenwein	2/27/2009
2	<b>1:45.82</b>	<b>Ksenia Yuskova</b>	<b>2/17/2017</b>
3	<b>1:46.90</b>	<b>Zarena Brown</b>	<b>2/15/2017</b>
4	1:47.41	Kim Eeson	11/19/2010
5	1:48.52	Kimmy Ballo	2/22/2013
6	1:48.59	Alexandra Heyns	2/16/1996
7	1:48.68	Ingrid Lawrence	3/16/1984
8	1:48.70	Heather Winn	2/21/2014
9	1:49.00	Moira Fraser	2/15/2012
10	<b>1:49.73</b>	<b>Sydney Larson</b>	<b>11/19/2016</b>

### 100 Backstroke

1	<b>53.74</b>	<b>Eleanna Koutsouveli</b>	<b>2/17/2017</b>
2	<b>53.76</b>	<b>Laura Laderoute</b>	<b>2/17/2017</b>
3	<b>54.13</b>	<b>Jasmine Williams</b>	<b>2/17/2017</b>
4	54.57	Jessica Shamburger	2/26/2009
5	55.45	Taylor Gregory	2/21/2014
6	<b>56.14</b>	<b>Emily Longfellow</b>	<b>2/15/2017</b>
7	56.19	Beverley Rose	3/18/1982
8	<b>56.27</b>	<b>Jenny Penneck</b>	<b>2/19/2016</b>
8	56.27	Taylor Derevyanik	2/20/2015
10	56.47	Heather Coutts	11/17/2011

### 500 Freestyle

1	4:41.73	Sasha Schwendenwein	3/19/2009
2	<b>4:46.11</b>	<b>Zarena Brown</b>	<b>2/16/2017</b>
2	4:47.31	Kim Eeson	2/26/2009
3	4:47.39	Heather Winn	2/21/2013
4	<b>4:48.13</b>	<b>Ksenia Yuskova</b>	<b>11/18/2016</b>
6	<b>4:49.08</b>	<b>Hannah Herbst</b>	<b>2/18/2016</b>
7	<b>4:49.65</b>	<b>Sydney Larson</b>	<b>11/18/2016</b>
8	4:50.60	Delia Weber	11/19/2015
9	4:50.89	Lauren Brukman	2/28/1986
10	4:50.90	Alexandra Heyns	2/25/1993

### 200 Backstroke

1	<b>1:55.97</b>	<b>Eleanna Koutsouveli</b>	<b>2/18/2017</b>
2	<b>1:58.65</b>	<b>Jasmine Williams</b>	<b>2/18/2017</b>
3	<b>1:58.93</b>	<b>Laura Laderoute</b>	<b>2/18/2017</b>
4	1:59.17	Kimmy Ballo	2/23/2013
5	<b>2:00.57</b>	<b>Jenny Penneck</b>	<b>2/20/2016</b>
6	2:01.34	Heather Coutts	2/18/2012
7	2:01.52	Andrea Pa'Imai	2/17/2007
8	2:01.82	Jessica Shamburger	2/28/2009
9	2:02.09	Reka Kovacs	11/20/2010
10	2:02.63	Paige Bissett	2/28/2009

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## 100 Breaststroke

1	1:00.56	Peyton Kondis	2/17/2017
2	1:00.97	Victoria Roubique	2/17/2017
3	1:01.48	Ashley Grijalva	2/17/2017
4	1:02.16	Cameron Balkom	2/19/2016
5	1:03.19	Szintia Szanto	2/25/2006
6	1:03.33	Beccy Hillis	11/21/2009
T7	1:03.56	Reka Kovacs	11/16/2012
T7	1:03.56	Holli Pisarski	2/15/2012
9	1:04.91	Taylor Derevyaniak	1/30/2016
10	1:04.64	Gaby Jimenez	11/18/2016

## 200 Breaststroke

1	2:12.50	Victoria Roubique	2/18/2017
T2	2:13.68	Peyton Kondis	2/18/2017
T2	2:13.68	Ashley Grijalva	11/21/2015
4	2:14.38	Cameron Balkom	2/20/2016
5	2:14.78	Beccy Hillis	2/28/2009
6	2:15.69	Szintia Szanto	2/25/2006
7	2:15.73	Reka Kovacs	11/17/2012
8	2:15.84	Holli Pisarski	2/23/2013
9	2:16.45	Gaby Jimenez	2/18/2017
10	2:19.14	Helena Pirow	2/27/1988

## 100 Butterfly

1	54.11	Diane Johannigman	3/17/1978
2	54.23	Sharo Rodriguez	11/20/2015
3	55.10	Sasha Schwendenwein	12/4/2008
4	55.17	Lauren VanCleave	2/24/2006
5	55.28	Andrea Kells	2/27/2009
6	55.39	Maya Owens	1/29/2016
7	55.42	Nicola Fibbens	2/28/1985
8	55.44	Laura Laderoute	11/19/2016
9	55.58	Taylor Derevyaniak	2/19/2016
10	55.62	Ingrid Lawrence	3/18/1982

## 200 Butterfly

1	1:55.90	Sasha Schwendenwein	3/20/2009
2	1:58.91	Sharo Rodriguez Rivera	11/20/2016
2	1:57.88	Diane Johannigman	3/20/1980
4	2:01.45	Laykin Lowry	11/21/2013
5	2:01.83	Szintia Szanto	11/22/2003
6	2:01.98	Maya Owens	2/22/2014
7	2:02.25	Nicola Fibbens	3/1/1986
8	2:02.43	Andrea Kells	2/27/2009
9	2:02.55	Mackenzie Alspaugh	11/23/2013
10	2:02.70	Lisa Burnes	1/11/1980

## 200 Individual Medley

1	2:00.02	Laura Laderoute	2/16/2017
T2	2:01.53	Peyton Kondis	2/16/2017
3	2:02.04	Reka Kovacs	2/21/2013
4	2:02.05	Szintia Szanto	2/23/2006
5	2:03.69	Eleanna Koutsouveli	11/18/2016
6	2:03.73	Victoria Roubique	2/16/2017
7	2:04.36	Emily Longfellow	2/15/2017
8	2:04.66	Patty Clark	2/28/1986
9	2:04.70	Paige Bissett	2/26/2009
10	2:04.87	Lauren VanCleave	2/23/2006

## 400 Individual Medley

1	4:16.24	Reka Kovacs	2/26/2010
2	4:16.33	Eleanna Koutsouveli	2/17/2017
3	4:19.52	Andrea Pa'Imai	2/27/2009
4	4:20.09	Laura Laderoute	11/20/2016
5	4:20.45	Gaby Jimenez	2/17/2017
6	4:21.15	Hannah Herbst	2/19/2016
7	4:22.56	Beccy Hillis	2/27/2009
8	4:23.33	Michelle Smith	3/22/1991
9	4:25.06	Szintia Szanto	11/21/2003
10	4:25.24	Lizzie Justice	2/21/2013